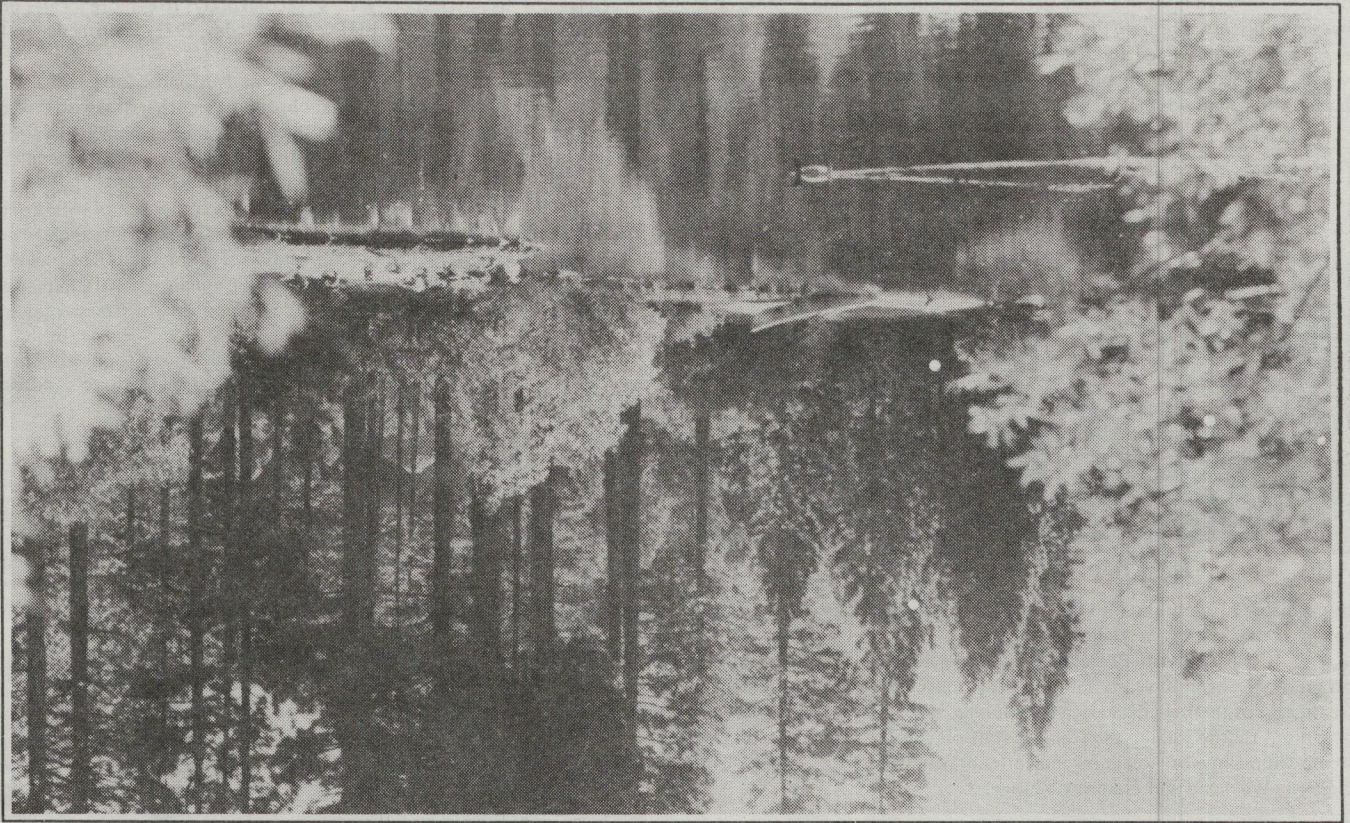
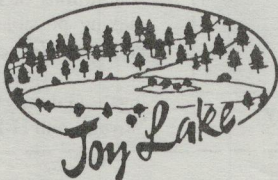




Gateway Weekend, Gateway Voyage & H-Plus Program



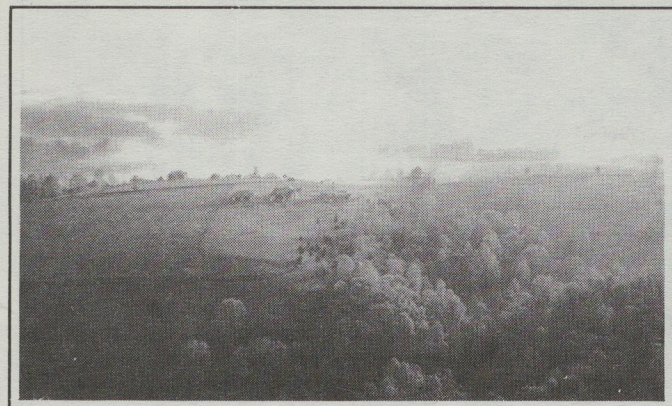
MOUNTAIN SEMINAR CENTER

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The Monroe Institute was founded by Robert Monroe, a former broadcasting executive who began to undergo spontaneous experiences in 1958 that drastically altered his life. Unpredictable, and without willing it, Monroe found himself leaving his physical body, via a "second body" to explore locales unbounded by conventional concepts of time or space. He has documented these experiences in *JOURNEYS OUT OF THE BODY* (Doubleday, 1971 - published in six languages worldwide), and in *FAR JOURNEYS* (Doubleday, 1985).

The Monroe Institute had its origins in the Research and Development Division of Interstate Industries, Inc. (formerly Monroe Industries), which began investigating methods and techniques of accelerated learning in the late 1950's. That investigation led to some remarkable discoveries that deal with the very nature of human consciousness. As a result, the base of the research effort was expanded considerably. In 1971, The Monroe Institute was created to supplement that research effort.



The Monroe Institute, Faber, Va.

transpersonal counseling for individuals on the path of self-discovery and healing through innovative approaches. Karen will be co-facilitating the H-PLUS program.

Darlene Miller, a clinical psychologist, has been involved in the designing and implementation of training programs for over 10 years. She has also consulted with management teams in the areas of providing more effective treatment for their clients and in functioning more effectively themselves as teams.

Before joining the training staff of The Monroe Institute, Darlene was the director of a 160 bed residential treatment facility for violent juvenile offenders in Colorado. She now lives in Virginia. Darlene will be co-facilitating the Gateway Weekend and Gateway Voyage.

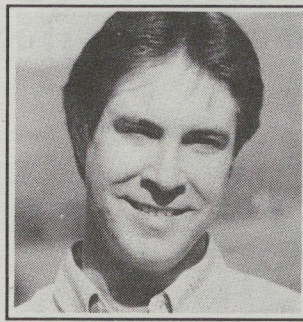


Darlene Miller

David Mulvey, a Monroe Institute Trainer, received his B.S. in Communications/Broadcasting from the University of Tennessee. He formerly worked as a television news reporter in Knoxville, Tennessee and Lynchburg, Virginia.

David began working for The Monroe Institute in 1984 as the Coordinator of the Gateway Experience in-home training program. In 1985, he began conducting Gateway Voyage and Weekend Gateway Programs, including the first international Weekend Gateway in England.

In addition, he works on the production side of The Monroe Institute Audio Laboratory, where he recently co-produced German



David Mulvey

As a school, The Monroe Institute is composed of two divisions. The first is the Educational Division, which conducts classes, seminars and disseminates tapes and other materials in direct application of the methods it has developed. The Research Division conducts on-going studies in enhancement of human consciousness and the development of methods and techniques which may result in practical use thereof.

The Monroe Institute is internationally known for its work in the effects of sound wave forms on human behavior. The Monroe Institute's address is Route 1, Box 175, Faber, VA. 22938-9749.

The Faculty

Karen Malik has worked with transpersonal and spiritual approaches to expanding consciousness as a professional with the Monroe Institute for over ten years. A biofeedback therapist in San Francisco, her primary interests include



Karen Malik

translations of Hemi-Sync tapes - making possible the first foreign language Weekend Gateway.

David will be co-facilitating the Gateway Weekend, Gateway Voyage, and H-PLUS Program.

REGISTRATION FORM

Name _____ Address: _____

City: _____ State: _____ Zip: _____

Phone (day) _____ Phone (evening) _____

Course(s) of interest: _____

(A) Tuition _____ (B) Food @ \$20/Day (C) Lodging @ \$20/Day (D) Camping @ \$4/Day

TOTAL AMOUNT DUE _____ (Total of items A thru D)

Deposit Enclosed _____

Method of Payment: _____ Check _____ Visa _____ MC _____ Am Exp.

Card No. _____ Cardholder _____ Exp. Date _____

Signature _____

Make checks Payable to: Joy Lake Mountain Seminar Center.

Late registration will be accepted on a space available basis. Call Joy Lake before mailing registration form. (702) 323-0378.

_____ Please place me on your mailing list.

_____ Please add this person: _____ address: _____

The Program

Gateway Weekend

May 27-29, 1988

Gateway is a system of exercises and technology which has aided more than 10,000 participants to enhance the uses and understanding of their individual consciousness; to learn and experience profound areas of expanded awareness; to achieve and willfully control the physical body and out-of-body state; to communicate with and visit other energy structures and realities.

Utilizing audio and training techniques developed by Robert Monroe, founder of The Monroe Institute and author of *Journeys Out of the Body* and *Far Journeys*, the Gateway processes introduced patented audio techniques to induce states of consciousness not ordinarily available.

Weekend Gateway participants will experience audio exercises and share in group discussions aiding them in developing, exploring and applying expanded states of consciousness. During the Weekend, participants are taught to achieve deep states of relaxation (Focus 10) and will be exploring and developing expanded states of awareness (Focus 12) beyond the physical time/space dimensions. The tuition for this weekend workshop is \$200.00.

Gateway Voyage

May 30-June 5, 1988

The Gateway Voyage is an intensive, six-day program consisting of a series of exercises using frequency following response (FFR), hemispheric synchronization (Hemi-Sync), and vocal guidance to promote progressively deeper states of consciousness. Participants use stereo headphones while in a relaxed position, under the supervision of The Monroe Institute trainers. Reinforcement of the learning gained in such states is provided by lectures, discussion and single interviews using accelerated learning techniques. The goals of the Gateway Voyage are to assist the participants in the achievement of Focus 3 (Basic Hemi-Sync), Focus 10 (Mind Awake-Body Asleep), Focus 12 (Expanded Awareness), Focus 15 (No Time), and Focus 21 (Other Energy Systems). The tuition for this six-day seminar is \$550.00.

H-PLUS Program

September 2-8, 1988

A System of Planned Self-Evolution

It has long been known that the potential of human consciousness has been limited only by what has been referred to as the belief system. It also has been known among certain facets of human thought throughout history that such belief system can be altered or modified by various means - usually without conscious awareness on the part of the affected individual.

Aside from general inculcation within any cultural context, there always have been and are those who deliberately induce such changes for specific purposes. These applications have been given various labels that include depth motivation, religious practices, sorcery, magic, royalty, propaganda, hypnosis, advertising, oratory, music, psycho-analysis, cultism, rituals, brain-washing, charisma, nationalism, racism, behavior modification - to name a few. The results include spontaneous remission during illness, the placebo effect, miracles, levels of genius, and firewalking along with the mundane and commonplace.

H-PLUS is designed to place such ability to make any changes in an individual belief system directly in the hands of the recipient. Moreover, it will provide that individual with incontrovertible albeit personal evidence of the reality of such changes. Thus it can no longer be identified as a belief system, but as a KNOW SYSTEM unique to that individual - totally self-actuated.

H-PLUS is made possible in present form due principally to the effect engendered by an audio method and technique known as Hemi-Sync, developed by the Monroe Institute. Through stimulation by sound patterns, a resonance is generated in the human brain whereby a significant degree of coherency is achieved in the electrical wave patterns therein. One effect is to create an access into all levels of human awareness, possibly even into cellular structures.

H-PLUS uses Hemi-Sync to establish an Access Channel into which encoded Functions are inserted into such total awareness, in the knowledge that the methodology to perform said Functions is already inherent and existent within the system. Thereafter, the ability to activate Functions so inserted and encoded lies within the conscious option of the individual. The H-PLUS Access Channel is open only during the insertion of a new H-PLUS Function. At all other times, it remains closed and unavailable.

The primary goal of H-PLUS is total, conscious control as may be desired by the individual over the entire self - mental, emotional and physical. Because all are inseparable, each learned and applied H-PLUS Function contains elements of all three. Thus the effect of any single Function is not limited solely to the area of focus or application. It adds to and shapes the formation of the new whole - the Know System. The tuition for this six-day seminar is \$550.00.

The Monroe Institute

The Monroe Institute, a non-profit educational and research organization, is devoted to this premise: Focused consciousness contains all solutions to the questions of human existence. Greater understanding of such consciousness can be achieved only through interdisciplinary approaches and coordinated research efforts. The results of such research efforts are meaningful only if there are practical applications - something of value for our contemporary culture. The Monroe Institute proposes to introduce at all levels of human endeavor such abilities of mental functioning so as to change constructively man's direction and destiny.

Introducing Joy Lake

Joy Lake Mountain Seminar Center offers weekend and five day workshops in the field of holistic health and personal growth from May through October.

Joy Lake is situated adjacent to the Toiyabe National Forest in the heart of the Eastern Sierras, between Lake Tahoe and Reno on an 80-acre site, once a western resort owned and operated by Buster Keaton, Jr. This new age center contains an old western village and a 4-acre lake ideal for swimming. Gourmet vegetarian meals will be served in the village near the aviaries containing over 20 species of birds including peacocks, guinea hens, and golden pheasants. Relaxing walks through the organic herbal and Ginseng gardens surrounded by creeks, a waterfall, and whispering pines are enjoyed by all. Cabins, yurts, and campsites are available.

